

**ABSTRACT**

A gland packing characterized in that a water swelling mineral is stuck or impregnated into a surface or an inner part of a gland packing base material.

5       The water swelling mineral is preferably water swelling mica.

      This gland packing hardly causes seizing and can exhibit an excellent sealing property even if the amount of leakage of an internal fluid or injected fluid for a lubrication on a  
10   sliding surface is lessened as compared with a conventional example.